



QUIET DEBATE—The National Student Association is active in all phases of student government. Senators Keith Terry and Lynn Youngberg debate an important issue in the Senate, the University student governing body.

Student Association Unifies College Views

by Bill Jackson
NSA Coordinator
Written for the Universe
The United States National Student Association, a confederation of 400 college and university studentbodies, serves as the only unified voice for the Amer-

ican student community.

TODAY'S STUDENTS are tomorrow's leaders and their views preview future educational issues and concerns. During the past twelve years, this thesis has been proved through the achievements each year at the National Student Congress.

Dependent upon its membership for program and policy, NSA convenes annually at a mid-western university. Representatives from member studentbodies attend the Congress to exchange ideas, explore and discuss problems of student government and suggest possible remedies.

UPON RETURN to school, representatives put improved methods of student government to work on their campus. The whole of higher education is also treated.

Many benefits are offered to students of schools who are members of NSA. All NSA regional and national meetings, conferences and leadership training programs are open to them.

SCHOLARSHIPS from programs like the International Student Relations Seminar, low-cost, student-to-student travel in all parts of the world, representing the American student community abroad, participating in student exchange programs and international student delegations are opportunities for one to broaden international friendships.

NSA WAS founded by 350 university and college delegates meeting at the University of Wisconsin in late summer of 1947.

Campus Quickies . . .

Senate Meets To Reconsider Fund Recipients

An emergency ASBYU Senate meeting will be held this evening at 7 p.m. in 283 Eyring Science Center, announced Doyle Schliffman, president pro-tempore.

The meeting is being called at the request of Rex Lee, student body president, for reconsideration of the distribution of funds for the Campus Chest drive. Lee previously vetoed the Senate's Campus Chest resolution because it did not include the Boy Scouts.

Can-Cans Tryout

Tryouts for can-can girls will be held at the McQuivy House at 4:30 p.m. Friday. For information call Echarleen Johnson, ext. 3651.

Intramural Meets

Intramural meeting will be held in the Women's Gym Thursday at 2 p.m. for all team captains, team managers and sports managers. Information about winter quarter activities will be given.

Card Stunts

The first 20 students who sign up to assist with setting up card stunt equipment (for the basketball games) Friday and Saturday from noon to 6 p.m. will be given free tickets to the games. Signup lists will be on the IOC bulletin board. Card stunts will be presented for the first time in two years, the committee said.

Interviews Held

Interviews will be held Thursday from 4 to 5 p.m. and Friday from 3 to 4 p.m. in the Executive Council Room of the Student Service Center for all students interested in participating in the new public relations committee.

Vivacious Cast Performs Love-Comedy

by Rita Wheeler
Universe Campus Editor
Roger Jordan's mannerisms and stage-presence as Sir Anthony Absolute captured for him the delighted laughter of the audience at his every appearance in last night's opening performance of "The Rivals."

THE SPARSE but appreciative audience proved that although Richard Sheridan's love-comedy was written 185 years ago, it is just as enjoyable to modern audiences as it must have been to 18th century play-goers.

Sheridan's witty dialogue seemed to give the Brigham Young University players little trouble during the lively play. It is doubtful that anyone detected any "foot dragging" throughout the performance — the fast action and cue pickups left little time for daydreams, studies and chime concerts.

THE CAPTIVATING Sir Anthony led the way for the rest of the enthusiastic cast. Although many of Mrs. Malaprop's (Carlene Clarke) misapplied utterances—"She's as headstrong as an allegory on the banks of the Nile"—passed over the heads of the audience, playgoers seemed more than eager to laugh at the well-portrayed peculiarities of her actions and voice inflections.

Love interests Mickey Halladay as Lydia Languish and Sheridan as Captain Absolute seemed to have just the right proportions of realism and stylism to please the audience. ELEGANT costuming and ornate stylistic scenery added to the effect of the play. Lively footmen, who made the snappy scene changes while the audience watched, managed to draw laughs with their ceremonious operations.



Olson Teaches Faster Reading, English Course

Ernest L. Olson, assistant professor of English, will teach a non-credit course called "Reading Better and Faster." The course will be taught in 116 McKay beginning Thursday through March 3 from 7 to 9 p.m.

Students may register at the first class meeting. The course will be helpful to business men and women; professors, executives, students and those who have large quantities of work to do, according to Special Courses and Institutes Dept.

Slides will be used for drill work to increase the speed of perception and to widen the span of vision. Several films will be used also during the course to improve reading comprehension and speed. Class members are asked to use a suggested textbook for work outside of the classroom.

QUOTABLE QU
"I don't mind recording to spend, but scrimp just to save."
(Road)

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Councils Slate May Dances For Students

Associated Men and Women students are sponsoring dances Friday night. One after students and one for girls students.

Off-campus dance will be 10 p.m. after the Colorado game in the Multiplex of the Smith Family Center.

"Sound" will be the theme dance. Tom Moon's Combo will play for the sport dance. All be 50c a couple.

Students are requesting off-campus women.

Confederates of Brigham University will hold a back social Saturday night at the Montana game in the Banquet Hall.

Com will be the theme of the dance and it is open to all members, their dates and those interested in joining.

For Scheduled to Address Medical, Dental Students

Mayor, Dr. Lloyd L. Cullimore will be featured at the newly organized Dental Club meeting to 7:30 in 261 McKay.

Cullimore will speak on "The Role of the Dental Man in the Community." He is an invigilator of the members to encourage him to want to know.

William Noble Waite will be the Young Republican of Brigham Young University Thursday at 8 p.m. in Bldg.

Waite is presently a President Wilkinson, in University Development, has received degrees University of Nevada University of Southern California.

He served as a high school and been active in civic affairs.

He will be speaking at the Phi Omega meeting Thursday at 7 p.m. in 1215 Smith Family Center. Picture at 6:45.

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CAMPUS COAT—Here is a coat that is perfect for campus and general sportswear—the boy coat—made of camel hair.

Here is...

How to Solve That Run Down Feeling

Ever feel too dog-tired in the middle of the day that all you can think of is bed? Ever catch yourself huffing and puffing after climbing just one flight of stairs? Ever suspect that you don't feel as good as you should?

But it doesn't have to be that way at all, as one very special group of people proves daily.

AIRLINE PILOTS, like many of the rest of us, lead sedentary lives. Yet, they must always be in tip-top shape. Their confining work to the contrary, physical perfection is one of the tools of their trade.

Do as they do and you will feel better than you have in years. There's nothing particularly difficult about the program.

Here, then, are six tips on how to feel on top of the world—from the men who work there.

1. **EAT RIGHT.** The United States Public Health Service calls overweight the country's "number one health problem." Heavy people are prone to heart disease, high blood pressure, kidney trouble and are poor surgical risks.

About 15 million American adults weigh more than is good for them and of those 15 million, about 14,985,000 weigh too much simply because they eat too much. "Crash diets," massages and steam baths are not the way out. They can do more harm than good.

If you're heavy or tend to gain weight, cut out—or down—on sweets, pastries, soups, potatoes, fried foods, heavy cream and the tasty—but fattening—noodle family.

2. **EXERCISE RIGHT.** It needn't be the strenuous kind. In fact, if you're out of shape, it's important that you start off slowly, gradually build up endurance. Begin with a few simple calisthenics (touching toes,

knee bends, sit-ups, leg lifts) done five times each. After a few days, raise the number to ten. A week later, try 15. Then level at 20 or 25.

If calisthenics aren't for you, try walking, bowling, bicycling and—in season—swimming. Again, the word is: moderation.

Caution: before undertaking any strenuous exercise, have a medical examination.

3. **BREATHE RIGHT.** Believe it or not, most people don't. They're what is known as "shallow breathers," robbing their bodies of precious oxygen. Every muscle and tissue in your body—and your brain—needs oxygen to keep in tip-top shape.

When you don't deliver enough, they get tired (a yawn is nature's way of getting you to take in more) and so do you.

Once a day, preferably while walking, breathe in as deeply as you can through your nose, exhale through your mouth. Repeat 10 times.

4. **REST RIGHT.** Some people are most efficient on six hours' sleep. Others need seven. Most require eight. A few need even more. Get too little and you may be grouchy. Get too much and the same things can happen!

Morale: find out what your optimum sleep requirement is, then be sure you get it.

5. **WORK RIGHT.** A lot of us have allowed our jobs or school to become routine and rely on habit to get us through our working day. Beware! That way lies accidents.

6. **GET ANNUAL CHECKUPS.** Prevention is still the best form of cure. Many deaths from heart disease, cancer, tuberculosis and diabetes could be prevented if they were discovered in the early stages.

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WHAT?
WHEN?
WHERE?

But
When
Is
the
Answer
WHY?

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